

Trigg Island SLSC

Beach fitness... coming soon!

Good Afternoon everyone,

Another program is on its way to Trigg Island SLSC! Beach fitness will be starting on the 25th of March at 8.30am and will run for 5 weeks. The sessions will include exercises which aim to improve balance, strength and cardio-respiratory fitness, and as always, will be followed by a cup of tea/coffee up in the clubhouse! Exercises can be as hard or easy as you want to make them, people of all levels of fitness are welcome to attend.

Please email me at jbarker@triggisland.com to express your interest - if you have any friends that might be interested, feel free to share my email address with them.

Kind regards, Jess

Community engagement - Trigg Island SLSC

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